

November 15, 2016

Rooks County Health Center has attained High 5 for Mom & Baby status, having integrated specific maternity care procedures based on the proven health benefits associated with breastfeeding and other key elements of bonding between mother and newborn. The High 5 program -- initiated, funded, and provided at no charge to Kansas hospitals by

the United Methodist Health Ministry Fund -- is founded on key practices crucial for a successful breastfeeding experience. High 5 for Mom & Baby was developed by the Hutchinson-based Health Fund in conjunction with the Kansas Breastfeeding Workgroup. Award Ceremony



Best practices. Best health outcomes. Best for mom and baby.

Award Ceremony

Of the 58 hospitals and birth centers around the state now having made a commitment to the High 5 program, RCH is the 27th to qualify for the recognition. The High 5 Program Coordinator, Gwen Whittit, RN, IBCLC, will acknowledge the accomplishment with an award presentation during the next Board of Directors' meeting on Tuesday, November 22.

The Five Best Practices

According to Whittit, the five best practices comprising the High 5 for Mom & Baby standards are: assuring immediate, sustained skin-to-skin contact between mother and baby after birth; giving newborn infants no food or drink other than breast milk, unless medically indicated; allowing "rooming in" so mothers and infants can remain together 24 hours a day; not giving pacifiers or artificial nipples to breastfeeding infants; and providing mothers options for breastfeeding support in the community. Nancy Sterling, RN, OB Nurse Manager/Childbirth Education Coordinator, facilitated the process of assuring the health center is meeting the standards of breastfeeding practices established for the High 5 program. The educator for the High 5 program, Libby Rosen, PhD, RN, IBCLC, conducted on-site education classes at RCH attended by 13 staff and interested community members.

The Benefits

Research indicates a link between not breastfeeding and increased health risks for a baby including high blood pressure, type 1 and 2 diabetes, asthma, ear infections, diarrhea, pneumonia, leukemia, and sudden infant death syndrome (SIDS). Studies also show a definite correlation to childhood and adolescent obesity for those who were not breastfed. In addition, mothers derive health benefits. Those who breastfeed have a decreased incidence of premenopausal breast cancer, ovarian cancer, and type 2 diabetes. More information about the High 5 for Mom & Baby program is available at www.High5Kansas.org.

The Board and Senior Leadership Team would like to thank our employees, the men and women who are the backbone of Rooks County Health Center for your hard work and dedication.



You go above and beyond to tend to the physical, emotional and spiritual needs of our patients, their

families and our community members. Thank you for making a difference in their lives.

To show their appreciation, the Board and Administration of Rooks County Health Center would like to gift you with \$50 in Chamber Bucks.

You will get to choose between Stockton and Plainville Chamber Bucks. A sign-up sheet will be posted in the *staff entrance hallway* on **Tuesday, November 15th**. Please indicate your preference on the sign-up sheet or you may e-mail June Karlin at jkarlin@plainville.hpmin.com

If you do not respond by Monday, November 28th we will automatically request Plainville Chamber Bucks for you.

Chamber Bucks are like a gift certificate that can be spent at a Chamber Member business. Stockton Chamber Bucks maybe redeemed at businesses who are a member of the Stockton Chamber of Commerce and Plainville Chamber Bucks may be used at businesses who are a member of the Plainville Chamber of Commerce. ***A list of participating businesses will be distributed with your Chamber Bucks***

Employee Christmas Party – December 10

Be sure to RSVP to Karen before November 28.



Congratulations to Lisa Karlin!

Lisa was selected as Employee of the Month for November. Lisa has worked at Rooks County Health Center since April 2000 as the Pharmacy Director. Lisa was nominated by Kim Brown.



45 YEARS! CONGRATULATIONS & HAPPY RETIREMENT, LINDA GILBERT!

WHEN: November 30, 2016
TIME: 2:00 pm
WHERE: RCH Cafeteria



WE'LL MISS YOU LINDA!



Help select the next Kansas Family Physician of the Year

KAFP

The Kansas Academy of Family Physicians (KAFP) is seeking nominations for the 2017 [Kansas Family Physician of the Year](#) award. **We would like to have great representation across the state! If you know a deserving individual, please nominate him/her!**

Each year the KAFP awards one family physician the prestigious title of *Kansas Family Physician of the Year* on the basis of the criteria noted below.

- Provides his/her patients with compassionate, comprehensive, and caring family medicine on a continuing basis.
- Enhances the quality of his/her community by being directly and effectively involved in community affairs and activities.
- Acts as a credible role model professionally and personally to his/her community, to other health professionals, and residents and medical students.
- Stands out among his/her colleagues.

Nominees must be KAFP members in good standing, licensed to practice in Kansas, and actively practicing family medicine at least half time. **The deadline for receipt of nominations is December 30, 2016. [Past recipients](#) are ineligible.**

You can submit your nomination by one of four ways:

- Online: [Nomination Form](#)
Or submit a letter of nomination,
- Email: kafp@kafponline.org
- Mail: KAFP, 7570 W 21st St N #1026-C, #104, Wichita KS 67205 or
- Fax: 316-721-9044

KAFP will honor the recipient at the Annual Meeting, June 8-10, 2017, at the Marriott Hotel Wichita, Kan. The recipient will be nominated for the American Academy of Family Physicians (AAFP) Family Physician of the Year award.

Questions Contact Marina Spexarth at mspexarth@kafponline.org or 316-721-9005. Visit us on the Web: www.kafponline.org



Human Resource News

JOB OPENINGS:

- Outpatient Nurse
- Wound Care RN
- Diabetes Education Coordinator
- Housekeeper

CHANGES IN EMPLOYEES:

- Payton Littrell will be the new DWD receptionist as well as continuing to work in the lab.
- Amanda Rubottom will be a PRN PTA.
- Amber Hageman has moved from PRN to part-time.
- Allison Jones will be a PRN RN.

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The Aflac Rep will be here on December 6 from 7am to 3pm. He will be in the Business Office Conference Room. There is a sign-up sheet in the employee hallway for these meetings.

Congratulations to Ashley Desaire on the birth of her child. Ashley is asking for your generosity in donating PTO hours. If you are interested, please see Cindi for the form.

Winners of the Credit Union drawing were: Leona Bird, Stephanie Bjornstad, Lynn Finnesy, and Andee Mitchell. Congratulations!



November 1st RIDDLE:

Last time's question. What occurs twice in a week, once in a year but never in a day?

Answer: The letter "e". Congratulations to Bill Stahl! He was the winner of the Otis Spunkmeyer cookies from the RCH Auxiliary Gift Shop.

Look for the next riddle in the December 1 newsletter.



RCH Auxiliary sponsored BLOOD MOBILE *scheduled for December 22 11:30 am-5:30 pm at the K of C Hall in Plainville.*

All presenting donors will be given a free long sleeve t-shirt!

In a hurry? Take advantage of the new **Rapid Pass!** On the day of the blood drive, go to www.redcross.org/rapidpass to start your donation process before you go! By reading the education material and completing the health history questions, you can save yourself 15 minutes! There are simple and easy to follow instructions. Be sure to print out your pass or e-mail it to yourself so you can see it on your smart phone when you get there. Any questions, see Kandie Morain. Let's help our Auxiliary reach their goal and save lives!

Also, if you are interested, text "bloodapp" to 90999 to get access to a Donor app. You will get a link back to enter your name and donor number if you have it. This can then be used as your donor card. There are all kinds of cool things you can do on the app!



Coming Soon to RCH Auxiliary Gift Shop!

Perfect for the holiday season for family, friends, and/or even your secret pal...

Please use Amazon Smile for your Amazon holiday shopping!

Do you shop on Amazon? Support Rooks County Healthcare Foundation by going to **Smile.Amazon.com** and search for the Rooks County Healthcare Foundation in the charity field. Amazon's Foundation will give .5% of your purchase price back to RCHF (without any additional costs to you!).

And Yes, you can use the same account on Amazon.com and **AmazonSmile**.



Rooks County Health Center Auxiliary 2016 Memorial Tree Lighting



Memorialize Special People

One of Rooks County’s most visible symbols of the true meaning of the Christmas season is the Memorial Tree Lighting at Rooks County Health Center. Each light on the tree represents a gift of love. For over 25 years, the Rooks County Health Center Auxiliary’s “Memorial Tree Lighting” project provides an opportunity to honor and remember loved ones.

100% of your tax-deductible contribution will be used to support the scholarship program RCH auxiliary sponsors each year. You are invited to attend the Memorial Tree Lighting Ceremony that will take place in the clinic waiting room in the hospital at 7:00 p.m. on Tuesday, December 6th. The evening will include music, fellowship and remembering what a difference people make in our lives.

You may purchase a Memorial Tree Light in memory of someone you would like remembered during this special time. The person’s name will be read during the ceremony and a list of names will be displayed in the hospital.

To purchase a Memorial Light for \$5.00 per name, please complete this form and either bring to hospital admission desk, auxiliary gift shop or mail to:

**Rooks County Health Center Auxiliary
Memorial Tree Lighting
1210 N. Washington
Plainville, KS 67663**

Your Name _____ Phone _____

Your Address _____

Your e-mail address _____

Enclosed is \$ _____ (amount) for Memorial Lights

In Memory of _____

In Memory of _____

Please use the back of this form if you need additional space for names.

Make checks payable to: RCH Auxiliary.

Please return form with payment by December 1, 2016. Thank you so much for your contribution!! We hope to see you at the Memorial Tree Lighting Service.

ROOKS COUNTY HEALTHCARE FOUNDATION THANKFUL FOR NEW FUNDING

Recently the Rooks County Healthcare Foundation (RCHF) received a generous grant from the William H. Andreson Charitable Trust to aid in expansion of Rooks County Health Center (RCH). This funding along with other recent contributions continues to strengthen and support health care in Rooks County.

The Andreson Trust, created in memory of former local farmer and businessman, William H. Andreson, has helped fund numerous charitable initiatives in Rooks County spanning health care, youth programs and community service. The grant funds awarded RCHF will be used for the building of a dedicated rehabilitation facility at RCH that includes a zero-entry hydrotherapy pool and an indoor walking track with a rubberized surface to reduce joint impact. The track will be made available to the general public year-round.



Earlier this year, the Heartland Community Foundation awarded two grants to help fund equipment purchases at RCH designed to improve patient care and safety. \$1,300 was awarded to help purchase equipment to train RCH ER and provider staff in resuscitating newborn infants. Another \$3,150 was granted to help purchase a non-invasive meter to check for jaundice in newborns reducing the risk of infection, lessening stress on baby and parents in addition to being more efficient and cost effective over the previously used method of heel sticks.

Midwest Energy Inc. awarded the Rooks County Health Center Auxiliary \$500 towards supplying nutrition and fluid replacement food and drink for the numerous Red Cross blood drives that the Auxiliary sponsors. This grant will fund supplies for 10 blood drives, helping the Auxiliary and the Red Cross in doing their part to ensure an adequate blood supply for needed medical emergencies.

“As we roll into the season of giving thanks, let’s all take a moment to reflect on the immense good will and caring shown by the William H. Andreson Charitable Trust, the Heartland Community Foundation, Midwest Energy Inc. and all the other local institutions and businesses that do so much to provide urgently needed assistance to our county and region, “ commented Eric Sumearll, RCHF Director.

RCHF is a separate, not-for-profit corporation from RCH with many gifts used to update the hospital as well as support a variety of health entities in Rooks County. If interested in making a contribution, contact Eric Sumearll at 688-4428.



Thank you to everyone who participated in the Pumpkins for Pantries competition. RCH raised just a over \$700 to help area food pantries before the holidays. Congratulations again to Radiology! It was a fun competition!



RCH Employee Spotlight

Name: **Linsey Knipp, RN**
RCH Team: **Nursing Department**
Start date at RCH: **August 2016**

Linsey Knipp is our newest PRN RN in the nursing department and is currently employed with Post Rock Family Medicine.

Alan is her husband and he works at Reif Welding and Construction. They have two children Alalynn (2) and Kynslie (6 weeks). She enjoys working out, playing with her kids and spending time with Alan.

Linsey loves being a nurse and is eager to learn more and to use her degree to its full potential.

Welcome Linsey!



RCH Employee Spotlight



Name: **Allison Jones, RN**
RCH Team: **Nursing Dept.**
Start date at RCH: **October 2016**

Allison Jones is our newest RN. She has worked at RCH before, as well as Hays Medical Center.

Allison's husband, Casey, is a stay at home dad and they have three children, Aiden (14), Ashton (9) and Archer (4).

She enjoys going to Comic Con, playing video games, reading and going to the lake. Allison really likes to joke and have fun and can always be spotted with a smile on her face. Like many of us, she runs on coffee!



 **Lunch Menu** 

Thursday, Nov 17

Broccoli & cheese soup, sub sandwich, grape salad, Hawaiian cake

Friday, Nov 18

Sloppy joes, tater tots, broccoli deluxe, salad, German chocolate brownie

Saturday, Nov 19

Chicken parm sandwich, pasta salad, chips, ice cream & cookies

Sunday, Nov 20

BBQ meatballs, cheesy mashed potatoes, green beans, tossed salad, roll, pie

Monday, Nov 21

Shepherd's pie, hot roll, tossed salad, layered pudding, dessert

Tuesday, Nov 22

Chicken strips, potato casserole, tossed salad, M&M chocolate oat bar

Wednesday, Nov 23

Chili, grilled cheese, tossed salad, ice cream bar

Thursday, Nov 24 – Happy Thanksgiving!

Turkey, mashed potato/gravy, stuffing, green bean casserole, cranberry salad, hot roll, pumpkin pie

Friday, Nov 25

Spaghetti, garlic stick, Texas sheet cake, 24 hour salad

Saturday, Nov 26

Vegetable soup, deli ham sandwich, pudding, red grapes, cookie

Sunday, Nov 27

Chicken strips, mashed potato/gravy, mixed vegetables, peach or chocolate pie

Monday, Nov 28

Chicken fried steak sandwich, sweet potato fries, cherry square dessert

Tuesday, Nov 29

Pork roast, mashed potatoes/gravy, bacon wrapped asparagus, blueberry cobbler with Vanilla bean ice cream

Wednesday, Nov 30

Chicken Alfredo, green beans, garlic bread, tossed salad, peanut butter stuffed brownies